DOCUMENT RESUME

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TITLE	You Can Prevent Alcohol and Other Drug Problems among Elementary School Children. The Fact Is...
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ABSTRACT

This resource list on preventing alcohol and other drug problems among elementary school children was compiled by the Office for Substance Abuse Prevention (OSAP). The main emphasis is helping educators and parents of children between the ages of 4 and 12 teach the no-use message. Using these resources, teachers, health educators, and community program planners can plan prevention activities for elementary school children. Parents can teach their children the importance of healthy lifestyles and can prepare them for the peer pressure they are likely to encounter as they grow up. Children themselves can band together to support each other's decision to say "no" to alcohol and other drugs. Materials for elementary school children include publications, posters and audiovisual materials. Parent and teacher materials include publications, audiovisual materials, and programs and kits. A list of organizations and programs related to substance abuse is provided. Following the lists is a brief summary of factual information on youth and substance abuse. (LLL)

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Office for Substance Abuse Prevention

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THE FACT IS.

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You Can Prevent Alcohol and Other Drug Problems Among Elementary School Children

Data recently collected and analyzed by the Gallup organization suggest that today's children experience pressure to experiment with alcohol and other drugs while still in elementary school. According to a 1983 Weekly Reader survey of 3.5 million young children, this pressure exists as early as the fourth grade.

This resource list was compiled to encourage kids to avoid alcohol and other drugs and to help educators and parents of children between 4 and 12 years old teach the no-use message. Materials were selected for their appropriateness, readability, information, and availability. Following the list is general up-to-date information on youth and substance abuse.

Using these resources, teachers, health educators, and community program planners can plan prevention activities for elementary school children. Parents can teach their children the importance of healthy lifestyles and can prepare them for the peer pressure they are likely to encounter as they grow up. The media can be encouraged to air public service announcements and programs to educate youth and to avoid the glamorization of alcohol and drugs on regular programs. Finally, children themselves can band together to support each other's decisions to say "no" to alcohol and other drugs.

For more information on preventing alcohol and other drug problems, contact the National Clearinghouse for Alcohol and Drug Information (NCADI) at P.O. Box 2345, Rockville, MD 20852, or call NCADI at (301) 468-2600 and ask to speak to an information specialist. Your comments and recommendations for additional materials to be included in future updates of this publication are welcome.

Materials for Elementary School Children

Publications

A Little More About Alcohol. In this thorough discussion, a cartoon character named "Al" explains facts about alcohol and how it affects the body. Young elementary students may need assistance to use this publication. 1984.

Availability
Alcohol Research Information Service
1120 East Oakland Avenue
Lansing, MI 48906
(517) 485-9900
($.75)

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National Clearinghouse for Alcohol and Drug Information
☐ P.O. Box 2345 ☐ Rockville, MD 20852

U.S. Department of Health and Human Services ☐ Public Health Service ☐ Alcohol, Drug Abuse, and Mental Health Administration

Alcohol Problems and Youth. An annotated reading list on alcohol problems and youth. Includes factual and fiction materials for elementary, junior, and high school students. 1985.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost; ask to speak to an order clerk and request MS229)

Alcohol: What It Is, What It Does, by Judith S. Sexias. An easy-to-read illustrated primer on the use and abuse of alcohol. Some of the common myths about alcohol are also discussed. 1977.

Availability
Greenwillow Books
105 Madison Avenue
New York, NY 10016
(212) 889-3050
($5.95)
(The Children's Book $6.00; A Leader's Guide $7.95)

Be Smart! Don't Start! Just Say No! A 4-color, 32-page booklet for preteens (ages 8-12). The booklet provides alcohol information, celebrity interviews, games, stories, book lists, and resources and can be used by individual youths at home or by groups in a school setting. Companion booklets for parents and teachers are available. 1987.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost; 150-copy order limit; negatives loaned free of charge; no permission necessary to reproduce)

Buzzy's Rebound, by William Cosby and Jim Willoughby. An 18-page "Fat Albert" comic book that describes the peer pressure on a new kid in town to drink, the negative consequences of drinking, and the support that his parents and coach give him to help him stop. 1986.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost)

An Elephant in the Living Room: The Children's Book, by Marion H. Hyppo and Jill M. Hastings. An illustrated workbook designed to help children from alcoholic homes understand that alcoholism is a disease and that they are not alone. The workbook helps children express their feelings appropriately and improve their self-esteem and family relationships and encourages them to seek support through Alateen, Alatot, etc. A Leader's Guide is also available and offers adults basic information about child development and the family disease of alcoholism and chemical dependency. 1984.

Availability
CompCare Publications
Box 27777
Minneapolis, MN 55427
(800) 328-3330
(612) 559-4800
(The Children's Book $6; A Leader's Guide $7.95)

Feeling Better Together. A coloring book with a simple story about a mother who drinks too much, how her problem affects the family, and how the mother finally goes to the hospital for help. Emphasis is given to the feelings of the two young children in the family. 1985.

Availability
Pathway Center Memorial Hospital
615 North Michigan
South Bend, IN 46601
(219) 284-3000
($.85)

It's O.K. To Say No! An activity book dot-to-dot drawing, mazes, puzzles, word find, etc.) to educate young children about body safety. It is suggested that the book be used by a child under the supervision of an adult so that questions can be answered and adult and child can talk openly about the dangers of child molestation and abduction. 1984.

Availability
Creative Child Press
Attn: Playmore, Inc.
200 Fifth Avenue
New York, NY 10010
(212) 924-7447
($1.95)

Kids and Alcohol: Get High On Life, by Jamie Rattray, Bill Howells, Irv Siegler, and Fritz Wassor. Workbook designed to help children (ages 11-14) make important decisions in their lives and feel good about themselves. Facts and myths about alcohol are clarified, the effects of alcohol are discussed, and the importance of "positive self-expectation" is emphasized. Similar workbooks on Kids and Drugs and Kids and Smoking are also available. 1984.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(305) 979-6776
($5.95)

Kids and Drinking, by Anne Snyder. Short stories based on real experiences of children who develop drinking problems during elementary school. The book includes questions and answers about alcohol, a short parent/teacher guide, and a listing of other youth related material available from CompCare. It is suitable for older elementary and middle school children. 1981.

Availability
CompCare Publications
Box 27777
Minneapolis, MN 55427
(800) 328-3330
(612) 559-4800
($4.95)

Kootch Talks About Alcoholism, by Mary Kay Schwandt. A 40-page coloring book in which Kootch the worm helps young children understand three basic principles about alcoholism and alcoholics: First, alcoholism is a disease; second, alcoholism is no one's fault; and third, alcoholics can recover. Also includes simple activities. 1984.

Availability
Serenity Work
1455 North University Drive
Fargo, ND 58102
(701) 235-5614
(1-10 copies $3 ea;
11-100 copies $2.50 ea;
100+ copies $2 ea;
a teacher's guide is sent
with all quantity orders)

My Dad Loves Me, My Dad Has a Disease, by Claudia Black. A workbook for children of alcoholics. It is designed to help children through age 14 understand alcoholism and their own feelings. Colored pens or pencils are required to complete the exercises. 1979.

Availability
Hazelden Educational Materials
Pleasant Valley Road
Box 176
Center City, MN 55012-0176
(800) 328-9000
(800) 257-0070 (MN only)
($8.95; ask for publication
#5018)

The Sad Story of Mary Wanna or How Marijuana Harms You, by Peggy Mann, illustrated by Naomi Lind. A 40-page activity book for children in grades one to four that contains scientists' pictures of the damage marijuana does to the body and illustrated "interpretations" for children. A supplement for parents and teachers concludes the book, which can be used to answer other specific questions that children have. 1988.

Availability
Woodmere Press
P.O. Box 20190
Cathedral Finance Station
New York, NY 10025
(212) 678-7839
($2.95 plus $1 shipping and handling; reduced rates for quantity orders)

Soozie and Katy. A coloring book that uses the cartoon characters "Soozie" and "Katy" to illustrate lessons about prescription drugs and dangers of misuse. A short instructor's guide is included as well as a tearout, fill-in-the-name President's Drug Awareness Campaign Award signed by Soozie and Katy. 1983.

Availability
U.S. Department of Justice
Drug Enforcement Administration
Office of Public Affairs
1405 I Street, NW
Washington, DC 20537
(202) 633-1333
(25 copies free)

Spiderman Comic Book. A special edition of Spiderman, this comic book contains two stories of emotional abuse. One of the stories portrays how verbal abuse from an alcoholic father affects Kevin, a young teenager. 1987.

Availability
National Committee for the Prevention of Child Abuse
P.O. Box 94283
Chicago, IL 60690
(312) 663-3520
(1-5 copies $2; 6-10 $1.80; 11-25, $1.60; 26-99, $1.50; 100+, $1.40. Include Shipping and handling: less than $25, add $4; $25-$50, add $5.50; $50-$75, add $6.50; $75-$100, add $8.)

Twelve Is Too Old, by Peggy Mann. A humorous, realistic novel about a contemporary heroine faced with the difficult problems of early adolescence--changing friendships, peer pressures, smoking pot, and having relationships with boys. She learns that growing up means believing in herself and relying on her own values. Also incorporates factual information about cigarettes, marijuana, and PCP. 1987.

Availability
Woodmere Press
Box 20190
Cathedral Finance Station
New York, NY 10025
(212) 678-7839
($6.95 plus $1.90 shipping and handling; discounts available for quantity orders)

You're Not Alone: Kids Book on Alcoholism & Child Abuse, by Patte Wheat. A short story with illustrations written for older elementary school children about a child and an alcoholic grandmother who comes to live with the family after the child's parents divorce. The child grows up and becomes an alcoholic too. Throughout the story, many myths about alcohol and alcoholism are discussed. A short "Family Guide to Resources" and a listing of books for further reading are included. 1985.

Availability
National Committee for Prevention of Child Abuse
P.O. Box 94283
Chicago, IL 60604
(312) 663-3520
(1-5 copies $2; 6-10, $1.75; 11-25, $1.50; 26-99, $1.25; 100+, $1.00. Include Shipping and handling charge (same rate as for Spiderman Comic Book, listed earlier.)

Posters

A Little About Alcohol. A 17 1/2" x 22 1/2" poster using cartoon character "Al" to present basic alcohol facts to young children. 1984.

Availability
Alcohol Research Information Service
1120 East Oakland Avenue
Lansing, MI 48906
(517) 485-9900
($.50)

Be the Best You Can Be...Stay Drug and Alcohol Free. Two posters featuring Mike Singletary (Super Bowl Champion of the Chicago Bears) and elementary school children. 1987.

Availability
The National PTA
700 North Rush Street
Chicago, IL 60611-2571
(312) 787-0977
($.50 for a set of two posters)

The Head of the Class. A 22 1/2" x 17" color poster showing a young male student asleep at his desk. The message is that there are two kinds of heads: the ones that do well in school and the ones that smoke pot and do drugs. The reader is told he has a choice--just say "no" to drugs. 1984.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost)

Say "No" to Crack. A poster of McGruff the Crime Dog encouraging kids, ages 8-12 years, to say "no" to cocaine and other drugs. Text describes what crack looks like, how it is used, and why it is harmful. Repeats the message to say "no" and suggests people to talk to and hotline numbers to call for information and help. 1987.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost)

Some Moms and Dads Drink Too Much. A series of 6 posters using Marvel Comics heroes as spokespersons for variations on the following message: "Some Moms and Dads Drink Too Much...If you Want to Learn More, Ask Someone You Trust." Represented are Spiderman, Captain America, Fire Star, Ice Man, Storm, Iron Man, and the Incredible Hulk. 1987.

Availability
National Association for Children of Alcoholics
31706 Coast Highway, #201
South Laguna, CA 92677
(714) 499-3889
(Sold in sets only; cost information available from publisher in early 1988)

Audiovisual Materials

Alcohol: The Inside Story. Puppets present the long-term effects of alcohol consumption by demonstrating the harm done to the body when someone has been drinking for a number of years. It reassures children that it is O.K. not to drink. The package, which has been screened by Canadian educators, includes a 9-min 30-sec color videotape (VHS, Beta, or 3/4-inch), poster, and teacher's guide.

Availability
Marketing Service
Addiction Research Foundation
33 Russell Street
Toronto, Ontario
Canada M5S 2S1
(416) 595-6056
($300, Canadian dollars)

Be Smart! Don't Start! Just Say No! A 4 1/2 minute music video and PSAs that demonstrate how kids--even in a difficult situation--can say "no" to alcohol, take risks that don't involve drugs, and still remain popular. Accompanying print materials are also available. 1987.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost for loan)

A Friend a Day. A 28-minute color video for children (grades 4-10) that explores the importance of friendship through music, dance, and a series of vignettes. The video is suitable as a trigger for classroom discussion on such themes as shyness, stress vs. distress, maintaining relationships, and friends as "good medicine." 1984.

Availability
California Department of Mental Health
2340 Irving Street, Suite 108
San Francisco, CA 94122
($70 Purchase)

Friends. A 9-minute, up-beat film that interweaves documentary and dramatic sequences to illustrate the importance of friendship during times of stress. 1984.

Availability
California Department of Mental Health
2340 Irving Street, Suite 108
San Francisco, CA 94122
(415) 752-6533
($40 Rental; $150 Purchase)

How Do You Tell? A combination of live interviews and animation, this film encourages children to assert themselves and say "no" to marijuana, tobacco, and alcohol. The signs associated with alcohol and drug use are outlined. Children are shown how to tell people they do not want to use health-damaging substances. 13-min, 16-mm film, or 1/2" VHS/Beta/U-Matic. 1983.

Availability
MTI Teleprograms
Division of Simon and Schuster Communications
108 Wilmot Road
Deerfield, IL 60015
(312) 940-1260
(16-mm Film $310; 1/2" Video $280)

Lots of Kids Like Me. Made especially for young children of alcoholic parents, this film tells the story of 7-year-old Ben and his little sister Laurie. Through discussions with friends and counselors at summer camp, Ben learns about alcoholism and ways he and his sister can cope with their father's drinking problem. It emphasizes that children of alcoholics are not alone and that they are not to blame for their parent's drinking. Suggestions are given for coping with problems that arise from parental alcohol abuse. A discussion guide is included. 28-min, 16-mm film, 1/2" or 3/4" VHS/Beta. 1982.

Availability
Gerald T. Rogers Productions, Inc.
5225 Old Orchard Road, Suite 23
Skokie, IL 60077
(313) 967-8080
(Film $425; Videotape $380)

Mr. Punch vs. the Drug Alcohol. This Punch and Judy video show for elementary grade assembly programs is a supplement to alcohol and traffic safety activities. Using magic to introduce the subject of illusion, the program shows the effects of alcohol and other drugs on drivers. 25 min. 1983.

Availability
Contact your local American Automobile Association Club Safety/Public Relations Office
(3/4" Videotape $29.75; 1/2" VHS $19)

New Student. Filmstrip for 5- to 8-year-olds about Fred the Bear, a young boy who wishes to become friends with a new student. Fred's old friends, however, reject the new student. The story shows how Fred copes with the situation and decides to befriend the new student. The presentation was designed to enable children to cope with situations that may lead to drug use, to develop self-confidence, and to stimulate communication and interpersonal skills. 1983.

Availability
School Supplies Division
Department of Education
Building 909
Pleasantville
St. Johns Newfoundland
Canada A1A 1R2
(709) 576-2613
($15, Canadian dollars)

Smoking Kisses Public Service Announcement. These 30- and 60-second PSAs use collage/pop art style graphics and rock'n'roll music and lyrics to encourage kids to "get more out of life without a cigarette between their lips." 3/4" Video. 1986.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost for loan)

Users Are Losers. 15-, 30-, and 60-second PSAs showing McGruff the Crime Dog teaching children (ages 10-12 yrs) to sing the song, "Users Are Losers and Losers are Users."

Availability
The Advertising Council has mailed copies to all FCC-licensed television stations. Contact the public service manager of your local TV station to have this message played. Cable or other television stations wishing to obtain the PSA should contact Karen Zavian at the Advertising Council (212) 758-0400.

The next films are available from the American Automobile Association:

Is It Time To Stop Pretending? (Grade Six) Nancy stops in the health office of her school to talk about her "friend" who is having a family problem involving alcohol abuse. The counselor suggests ways to approach the problem and gives Nancy a pamphlet about Alateen. Nancy isn't sure that her "friend" would want to talk to anyone about the problem. Nancy arrives home and is confronted with an argument in her family involving alcohol abuse. 5-minute trigger film. 1985. 16-mm Film $35; 3/4" Video $20; 1/2" VHS $15.

MTV: It's Your Right To Say "No." (Grade Five) This music video presentation tells children it's alright to say "no" to alcohol. It urges children to resist peer pressure and not to ride with drivers who have been drinking. 4-minute trigger film. 1985. Sale: 16-mm Film $25; 3/4" Video $20; 1/2" VHS $15.

Should He Tell? (Grade Six) Jeff's dad arrives to take Jeff on a weekend fishing and camping trip. His mother cautions his father about drinking. Jeff loves being with his father, but the weekend is ruined by the father's heavy drinking. Jeff returns home and his mother tries to find out if the father "behaved." Jeff talks about fishing and tries to avoid his mother's questions. 5-min trigger film. 1985. Sale: 16-mm Film $35; 3/4" Video $20; 1/2" VHS $15.

Availability
Contact your local American Automobile Association-affilated club or
AAA Foundation for Traffic Safety
8111 Gatehouse Road
Falls Church, VA 22047
(703) 222-6891

Kits/Shows/Other

The Just Say No Club Book. A three-ring notebook including information on the "Just Say No" approach, forming a club, running a club, and suggested activities. Also included are registration forms, worksheets for estimating costs, sample handouts, and all other materials required for setting up a "Just Say No" Club. The Just Say No Foundation is a nonprofit organization and also provides T-shirts, buttons, etc. 1987.

Availability
The Just Say No Foundation
1777 N. California Blvd., Suite 200
Walnut Creek, CA 94596
(800) 258-2766
($10)

Professor F.T.W. Bodywise Puppet Show. A 45-minute, traveling community service performance for Washington, DC, Virginia, and Maryland elementary schools designed to heighten children's interest in healthy lifestyles. Rob, a college student applying to become an assistant to the Traveling Menagerie, and eight "beasts" of the Menagerie explore basic health and safety messages--e.g., to eat well; avoid cigarettes, alcohol and other drugs; lead a safe and active life; and take care of your teeth. Printed materials are also provided. 1985, ongoing.

Availability
Kaiser Permanente Health Education
4200 Wisconsin Avenue, NW, Suite 300
Washington, DC 20016
(202) 885-0811
(No cost)

Rascal Media and School Prevention Campaign. A package of alcohol-prevention materials for children ages 4-12, including public service announcements, a 4-minute videotape, curriculum guides, student activity books, stickers, and posters. All materials focus on a raccoon character, Rascal, and his message that it is OK to say "no" if someone offers a drink. 1983.

Availability
Health Education Media, Inc.
Office of Alcohol and Drug Abuse Programs
State of Vermont
103 South Main Street
Waterbury, VT 05676
(802) 241-2170
(Information on tailoring the Rascal materials for areas other than Vermont is available from the Office of Alcohol and Drug Abuse Programs of the State of Vermont. Cost information is available on request.)

Materials for Parents and Teachers

Publications

Early On Prevention Program, by M. McCarthy. Paper presented at the National Council on Alcoholism Forum, Houston, TX. Describes a program that includes teachers and parents and is targeted at young children 3-6 years old in day care and preschools. In a discussion of the problems encountered by children as they pass through developmental stages, the author cites pertinent research. Risk factors for teenage drug use are also discussed. 10 pp. 1983.

Availability
National Council on Alcoholism
12 W. 21st St., 7th Floor
New York, NY 10010
Attn: Miss Lull
(212) 206-6770
(No cost)

The Health Connection Catalog. A resource list and order form for teaching aids in five subject areas: alcohol, other drugs, tobacco, behavior change, and health. Includes audiovisuals, books, pamphlets, displays, computer programs, and posters. 1987.

Availability
Narcotics Education, Inc.
6830 Laurel St., NW
Washington, DC 20012-9979
(800) 548-8700
(No cost)

Helping Your Child Say No to Alcohol. A 23-page guide for parents of preteens containing information about alcohol and suggestions for helping children say "no" to alcohol. The booklet discusses communication between parent and child, building self-confidence, helping a child deal with peer pressure, and promoting family togetherness. It also provides advice to parents who believe their children are drinking. Organizations that provide information and assistance to parents are listed as well. 1987.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost; 50-copy order limit; negatives loaned free of charge; no permission necessary to reproduce)

Helping Your Pre-teen Say "No:" A Parent's Aid. A short guide designed to help parents deter their preteens from experimentation with alcohol, tobacco, and other drugs, while enhancing the parent/child relationship. 1986.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost)

Helping Your Students Say No to Alcohol. A 20-page guide to help teachers of children in grades three to six understand and respond to questions about alcohol. Background information, teaching tips, activities for students, and additional resources are included. The booklet also contains a mini teaching guide to accompany the Be Smart! Don't Start! children's book and two reproducible teaching masters. 1987.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20850
(301) 468-2600
(No cost; 10-copy order limit; negatives loaned free of charge; no permission required to reproduce)

Marijuana Alert, by Peggy Mann. A 526-page comprehensive guide to the marijuana problem and what is being done about it. This book describes the extent of marijuana use in the United States and provides researched evidence of the physical and emotional harm caused by the drug. Includes chapters on schools, pilot programs that work, and The Parent Movement for Drug-Free Youth. 1985.

Availability
McGraw-Hill Consumer Group
11 West 19th Street
New York, NY 10011
(212) 512-2000
($10.95 plus $1.90 shipping and handling; quantity discounts available to groups and organizations--write for details)

Meeting the Needs of the Young Child of an Alcoholic in the School Setting. An information packet including a booklet for meeting the needs of young children of alcoholics, six posters, a comic book on child abuse and neglect, and a resource list on elementary school children and alcohol and drug education. 1987.

Availability
National Association for Children of Alcoholics
31706 Coastal Highway, #201
South Laguna, CA 92677
(714) 499-3889
($3, $2.50 for members)

Quick List: 10 Steps To Help Your Preteen Say "No." A brief summary of ten strategies that parents can use to help their preteens stay away from alcohol and other drugs. The brochure is designed to be taped on a refrigerator door or other prominent place in the home. 1986.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost)

Schools Without Drugs. An 80-page guide for overcoming student drug use in schools. Explains how extensive and dangerous drug use is, how it starts and progresses, and how to identify it. Recommends strategies and describes communities that have successfully lowered drug use. Lists recommended readings and organizations to contact. 1986.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost)

Ten Steps To Help Your Pre-teen Say "No." An in-depth, 24-page brochure that parents can use to help their preteens stay away from alcohol. Covers such topics as talking with and listening to your child, helping your child develop self-esteem and strong values, being a good role model, teaming up with other parents, and recognizing signs of alcohol abuse. Lists resources and other references. 1986.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600
(No cost)

Whiskers Says No to Drugs. A Weekly Reader Skills Book containing stories and follow-up activities for students in grades two and three to provide information and form attitudes before they face peer pressure to experiment. The accompanying teacher's guide suggests topics for class discussion and provides basic information about young children and the "gateway drugs." 1987.

Availability
Weekly Reader Skills Books
Field Publications
245 Long Hill Road
Middletown, CT 06457
(203) 638-2400
($1.50)

Winner Magazine. A 16-page monthly magazine published from September to May that teaches the principles of healthful, drug-free living through stories, games, and puzzles. The Winner is supported by a curriculum outline to assist the instructor in yearly planning and a teaching guide for each issue. (Ongoing)

Availability
The Health Connection
Narcotics Education, Inc.
6830 Laurel St., NW
Washington, DC 20012-9979
(800) 548-8700 or
(202) 722-6740
(A single 1-year subscription of 9 issues $7.95; 2-9 subscriptions $6.95 ea; 10+ subscriptions $5.95 ea)

Winner Magazine Teaching Guides. Teaching plans that accompany each issue of The Winner, containing lesson objectives, suggested teaching aids and content references, and activities to reinforce and expand on the information in the magazine. A test for each issue is also provided along with an answer key. (Ongoing)

Availability
The Health Connection
Narcotics Education, Inc.
6830 Laurel St., NW.
Washington, D.C. 20012-9979
(800) 548-8700 or
(202) 722-6740
($3, or free with 10 subscriptions to the The Winner Magazine)

Young Children and Drugs: What Parents Can Do. A double-folded, 2-sided brochure that briefly describes some communication and parenting strategies to help young people develop positive self images and healthy lifestyles. Other resources are also listed. 1987.

Availability
The Wisconsin Clearinghouse
1954 E. Washington Avenue
Madison, WI 53704
(608) 263-2797
($6 per 100 brochures;
permission required to reproduce)

Youth Aware: A Ten-Year Odyssey, by B. Meyers. Paper presented at the National Council on Alcoholism Forum, Washington, DC. Youth Aware is an alcohol education project designed specifically for children in grades one through six. Each classroom is reached three times per year over a 6-year period, which means that each child will receive 18 classes prior to entering junior high school. Project goals and philosophy are described. 9 pp. 1985.

Availability
National Council on Alcoholism
12 W. 21st St., 7th Floor
New York, NY 10010
Attn: Miss Lull
(212) 206-6770
($3.00)

Audiovisual Materials

Alcohol Education: The Teacher's Role. A special orientation film for pre-service and in-service teacher training to show that it is easy and fun to incorporate alcohol education into a regular health education program. Four teachers demonstrate how they adapted the early alcohol education programs in kindergarten, first, fourth, and fifth grades. 26 min. 1985.

Availability
Contact your local American Automobile Association-affiliated club or
AAA Foundation for Traffic Safety
8111 Gatehouse Road
Falls Church, VA 22047
(703) 222-6891
(16-mm Film $115; 3/4" Video $35; 1/2" VHS $20)

Hope for the Children. A film concerned with the unique problems faced by 5- to 12-year old children of alcoholic parents. It shows how adults who come into contact with these children can help them understand what is happening in their families. Basic information is presented on how children are affected by parental alcoholism, what can be done to involve these children in the family recovery process, and assistance for the early diagnosis of children of alcoholics. 28-min, 16-mm film, 1/2" VHS/U-Matic, or 3/4" VHS/U-Matic. 1983.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(800) 851-9100
(Sale $390; Rental $60/3 days)

How To Talk To Your Kids About Growing Up Without Drugs and Alcohol. Combining interviews with dramatic vignettes, this 45-minute videotape explains how parents can help their children grow up without alcohol and other drugs. Communication skills are emphasized. Adolescent behavior and motivations are described, ways to present a good case against alcohol and other drugs are explained, and hints about how to say "no" are offered. VHS Video. 1985.

Availability
National Federation of Parents for
Drug Free Youth
8730 Georgia Avenue, 2nd Floor
Silver Spring, MD 20910
(301) 585-5437
($36.50 plus 10 percent shipping)

Marijuana Alert: Slides From Scientists, by Peggy Mann. A 40-minute slide show, including slides, script, and cassette, designed to help youth and adults understand the harmful effects of marijuana on the brain, sperm, lungs, white blood cells, etc. 1986.

Availability
Woodmere Press
Cathedral Finance Station
Box 20190
New York, NY 10025
(212) 678-7839
($37.95 plus 1.90 shipping and handling)

Sons and Daughters/Drugs and Booze. Why children use drugs, how parents can recognize drug use, where parents can go for assistance, and the parental role in drug prevention are discussed in this 28-min film. The package includes a discussion guide. 16-mm film or 1/2" or 3/4" VHS/Beta/U-Matic. 1983.

Availability
Gerald T. Rogers Productions, Inc.
5225 Old Orchard Road, Suite 23
Skokie, IL 60077
(800) 227-9100
(Film $525; Videotape $475)

Programs/Kits

Count On Me Kids Program. A self-esteem, antidrug program for 4 to 8 year olds that stresses the importance of living a healthy lifestyle, doing one's personal best, and saying "no" to drugs. The kit includes a filmstrip with audiocassette, a teachers guide, and classroom and take-home materials. 1986.

Availability
Entertainment Industries
Council, Inc.
4444 Riverside Drive
Suite 203
Burbank, CA 91505
(818) 841-9933
(approx. $50 plus shipping and handling; contact CCPTS for details)

Drug Information Tapes. An automated telephone information service covering such topics as alcohol, marijuana, parental concerns, PRIDE, national help lines, tobacco, other drugs, youth concerns, and legal issues. Tapes are available from 5:30 p.m. to 8:30 a.m. (EST) Monday through Friday and all day Saturday and Sunday. Continually updated.

Availability
National Parents' Resource Institute
for Drug Education, Inc. (PRIDE)
100 Edgewood Avenue, Suite 1002
Atlanta, GA 30303
(800) 241-7946
($1.00 for transcripts)

Kidsummit Against Drugs. A national conference held in November 1987 to address the issue of drug and alcohol use among the nation's youth through public service. A poster and resource guide are available. 1987.

Availability
ACTION Agency
806 Connecticut Avenue, NW
Washington, DC 20525
(212) 634-9088
(No cost)

McGruff's K-6 Drug Prevention and Child Protection Program. A puppet show featuring the crime dog McGruff, including 32 15-minute lessons, two audio cassettes, and a teacher's guide. The lessons, designed to be presented weekly, cover topics such as alcohol and other drugs; crime prevention; traffic, bicycle, and other safety guidelines; and molestation and abuse. Each lesson includes a song by McGruff.

Availability
McGruff
P.O. Box 82008
San Diego, CA 92138
(800) 854-2151
(Cost of materials for one grade level is $89 for the first 23 sets ordered. When 24 or more sets are ordered, the price is $65 per set)

McGruff's K-6 Drug Abuse Prevention Kit. McGruff the Crime Dog stars in this multi-media kit to convince children ages 6-12 that drugs are not "cool" and that there are lots of fun things to do without drugs. The kit contains a 23-minute rock video, an interactive computer game, other games and puzzles, an audio cassette of 11 McGruff songs, and suggestions for effective use of the kit. All materials are designed to be copied for maximum distribution.

Availability
National Crime Prevention Council
733 15th St., NW, Suite 540
Washington, DC 20005
($30, available after February 1, 1988; orders must be prepaid by check, money order, or official purchase order.)

National PTA Drug and Alcohol Awareness Week Kit--1988. Guidelines for planning activities for the annual PTA Drug and Alcohol Awareness Week. Includes activities, a leader's guide for year-round prevention, public relations suggestions, materials to photocopy and hand out at meetings, camera-ready ads, and a list of resources. The next PTA Drug and Alcohol Awareness Week is scheduled for March 6-12, 1988. 1987.

Availability
The National PTA
700 North Rush Street
Chicago, IL 60611-2571
(312) 787-0977
($1 per unit; piece Drug and Alcohol Prevention: What Your PTA Can Do, is available at no cost)

Reproducible Booklet: 1988 Drug and Alcohol Awareness Week Kit. Five pages of family/parent guidelines: (1) A Tip Sheet for Parents on Stress; (2) A Tip Sheet for Parents on Peer Pressure; (3) Drugs and Alcohol--They Don't Add Up (reasons not use alcohol or drugs); (4) Our Family's Contract: Turn Off the Pressure; and (5) A Quiz for Parents and Youth. The theme of the kit is "there's not one good reason to take drugs." 1987.

Availability
The National PTA
700 N. Rush Street
Chicago, IL 60611-2571
(312) 787-0977
(No cost; permission not required to reproduce)

Saying No To Drugs: Plays From Real Life. A program for the fourth through sixth grade of five real-life plays and exercises designed to familiarize students with situations where they might find alcohol or drug abuse; to teach explicit ways to say "no" to alcohol and other drugs; to build reading, discussion, and thinking skills; and to foster an antidrug attitude among students. Each play can be covered in a class period. A teacher's guide, plays, endings, exercises, and facts about specific drugs are all included. 1987.

Availability
Weekly Reader Skills Books
Field Publications
245 Long Hill Road
Middletown, CT 06457
(203) 638-2400
($1.50)

Organizations and Programs

ACTION, 806 Connecticut Avenue, NW, Washington, DC 20525, (202) 634-9759. Through its Drug Alliance, the Federal Domestic Volunteer Agency inspires and promotes community-based, volunteer drug-abuse prevention projects for the nation's at-risk youth and the elderly.

ALCOHOLICS ANONYMOUS (AA), P.O. Box 459, Grand Central Station, New York, NY 10163, (212) 686-1100. With more than one million members in 114 countries, AA is the largest self-help group for recovering alcoholics. Local groups are listed in all telephone directories.

AL-ANON FAMILY GROUPS, P.O. Box 82, Madison Square Garden, New York, NY 10159, (212) 683-1771. Al-Anon Family Groups, which includes Al-Anon for adults and Alateen for youth, are self-help groups for family members and friends of problem drinkers. Local groups are listed in all telephone directories.

AMERICAN COUNCIL FOR DRUG EDUCATION, 204 Monroe Street, Rockville, MD 20850, (301) 294-0600. Resource for information on drug use. Develops media campaigns, reviews scientific findings, and publishes books and a newsletter. Offers films and curriculum materials for preteens.

AMERICAN FEDERATION OF TEACHERS, 555 New Jersey Avenue, NW, Washington, D.C. 20001, (202) 879-4400. Distributes "Be Smart! Don't Start!" literature for teachers, parents, and children, as well as an AFT publication Alcohol and Drug Abuse: A Community Approach to a Community Problem.

BOY SCOUTS OF AMERICA, Drug Abuse Task Force S200, 1325 Walnut Hill Lane, Irving, TX 75038-3096, (214) 580-2000. Launched a major anti-drug program to inform people of the dangers of drug abuse, including a booklet for youth, a teacher's guide, PSAs, and a video.

CHEMICAL PEOPLE PROJECT, WQED-TV, 4802 Fifth Avenue, Pittsburgh, PA 15213, (412) 391-0900. National coalition spawned by the telecast, "The Chemical People," and its sequel "Generation at Risk." The project supplies information in the form of tapes, literature, and seminars. School version of Our Troubled Teens, a booklet funded by Metropolitan Life Foundation, is available free to educators, along with a free rental cassette. Address all inquiries to The Public Television Outreach Alliance, c/o WQED.

DAVID M. WINFIELD FOUNDATION, Turn It Around Campaign, 2050 Center Avenue, Ft. Lee, NJ 07024, (201) 461-5535. The Foundation's fight against drug use is designed to move from individual awareness of drug use to community-wide awareness and action.

DRUG ENFORCEMENT ADMINISTRATION, U.S. Department of Justice, 1405 I Street, NW, Washington, DC 20537, (202) 786-4096. Provides information on Federal Narcotics and Dangerous Drug Laws and disseminates DEA public information, including workbooks for young children and sports drug awareness programs for schools.

ENTERTAINMENT INDUSTRIES COUNCIL, INC., 1760 Reston Avenue, Reston, VA 22090, (703) 481-1414. Organized to bring the power, influence, and talent of people in the entertainment industries to bear on the problems of drug and alcohol use, particularly among the nation's youth. Produces audio-materials designed to help reduce drug and alcohol abuse, promote seat belt use awareness, and describe drug use as it relates to the problem of AIDS. Also, publishes quarterly newsletter, maintains celebrity speakers' bureau, and distributes "Stop The Madness" (an anti-drug use rock video).

FAMILIES IN ACTION, 3845 N. Druid Hills Road, Suite 300, Decatur, GA 30033, (404) 326-5799. Maintains a drug information center with more than 100,000 documents. Publishes a quarterly newsletter that abstracts professional articles and answers questions about drug abuse.

HAZELDEN FOUNDATION, Pleasant Valley Road, Box 176, Center City, MN 55012-0176, (800) 328-9000. Distributes educational materials and self-help literature for individuals in twelve-step recovery programs and the professionals who work in the field. Materials include books, pamphlets, audio cassettes, and films for members of Alcoholics Anonymous, Al-Anon, Narcotics Anonymous, Families Anonymous, and other recovery programs.

THE JUST SAY NO FOUNDATION, 1777 N. California Boulevard, Suite 200, Walnut Creek, CA 94596, (800) 258-2766. In California call (415) 939-6666. Valuable resource for information, providing a national link for all the "Just Say No" Clubs, which are made up of children, 7-14 years old, who are committed to not using drugs. Offers technical assistance to local clubs and distributes an adult leader's guide and children's handbook (with educational, recreational, and service activities), poster/study guides, information, shirts, and buttons at a nominal cost. Write for a free brochure.

JUVENILE JUSTICE CLEARINGHOUSE, Box 6000, Rockville, MD 20850, (303) 251-5307, (800) 638-8736. The Juvenile Justice Clearinghouse, a part of the National Criminal Justice Reference Service, is a service of the National Institute of Justice. The Clearinghouse is an information service for criminal justice practitioners, researchers, and the general public. It provides reference services, screens and collects publications and audiovisual materials for its collections, and disseminates written materials. Primary emphasis is on prevention.

MOTHERS AGAINST DRUNK DRIVING (MADD), 669 Airport Freeway, Hurst, TX 76053, (817) 268-6233. An organization focusing on youth education to combat drinking and driving. Programs for young children promote the development of positive self-esteem and refusal skills and incorporate the "Be Smart... Don't Start" campaign.

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS, 31706 Coast Highway, Suite 201, South Laguna, CA 92677, (714) 499-3889. A national, nonprofit membership organization for children of alcoholics and those in a position to help them. Houses a clearinghouse of resources. It also established the National Elementary School Project, a campaign that includes posters, a comic book, and a guide for school health professionals, all targeting young children of alcoholics.

NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION, P.O. Box 2345, Rockville, MD 20852, (301) 468-2600. The new Federal clearinghouse for information and services on alcohol and drugs. NCADI is the largest, most comprehensive resource on alcohol and drug information in the world. Prepares pamphlets, booklets, posters, fact sheets, directories, and other useful products. Answers inquiries, offers new prevention ideas, and helps conduct community programs. Oversees and disseminates the "Be Smart, Don't Start-Just Say No!" campaign, which includes a music video, booklets for parents, educators, and students, stickers and posters. Most of NCADI's materials are free to the public.

NATIONAL COUNCIL ON ALCOHOLISM, INC., 12 W. 21st St., New York, NY 10010, (212) 206-6770. The NCA is a national voluntary health agency that provides information about alcoholism and alcohol problems through more than 300 local affiliates. Some of the NCA's affiliates provide counseling for alcoholics and their families. In 1986, the NCA launched an educational campaign to prevent children from drinking by promoting the theme "Say No. And Say Yes to Your Life," targeted to young people ages 9 through 14. The campaign uses television, radio, and print media.

NATIONAL CRIME PREVENTION COUNCIL, SUBSTANCE ABUSE PREVENTION PROGRAMS, 733 15th Street, NW, Room 540, Washington, DC 20005, (202) 393-7141. Resource for curricula, brochures, and

other consumer literature for children in elementary and intermediate grades. Newsletter Catalyst highlights new prevention materials as they are developed.

NATIONAL EDUCATION ASSOCIATION, 1201 16th Street, NW, Washington, DC 20036, (202) 833-4000. Contact: James H. Williams. In cooperation with the National Association of School Nurses, the NEA issued guidelines for school-based programs to curb student drug and alcohol abuse.

NATIONAL FEDERATION OF PARENTS FOR DRUG-FREE YOUTH, 8730 Georgia Avenue, Second Floor, Silver Spring, MD 20910, (301) 585-5437, HOTLINE: (800) 554-KIDS. A national network of more than 9,000 parents' groups concerned with the prevention of alcohol and other drug use by youth. Members receive a regular update on State and Federal legislation and a quarterly newsletter. Helps parent groups get started and stay informed. Publishes resource materials and newsletters: Prevention and Parentline and Legislative Update. Distributes a 45-minute VHS videotape for parents offering practical advice on approaches to improve family communication on the subject of adolescent drug use. Includes interviews and vignettes. Cost: $36.50 plus 10 percent shipping.

NATIONAL PTA DRUG AND ALCOHOL ABUSE PREVENTION PROJECT, 700 North Rush Street, Chicago, IL 60611, (312) 787-0977. Offers kits, brochures, posters, and other publications on drug and alcohol awareness for parents, teachers, and PTA organizations.

PARENTS' RESOURCE INSTITUTE FOR DRUG EDUCATION (PRIDE), 100 Edgewood Avenue, Suite 1002, Atlanta, GA 30303. HOTLINE: (800) 241-9746. National resource and information center. Offers assistance to parent groups, and provides a drug-use survey service. Publishes newsletters, handbooks and brochures, sells and rents books, films and videos, especially for grade 3-6. Also publishes a catalog of videos, pamphlets, and books on adolescent drug abuse that are available free or for a nominal fee.

U.S. DEPARTMENT OF EDUCATION, ALCOHOL AND DRUG ABUSE EDUCATION PROGRAM, Drug Abuse Prevention Oversight Staff, Office of the Secretary, 400 Maryland Avenue, SW, Room 4145, MS 6411, Washington, D.C. 20202, (202) 732-3030. Assistance in developing the capability of local schools to prevent and reduce alcohol and other drug use is provided in three major ways:

- Grant programs for State and local government, institutions of higher education, Indian Youth, Native Hawaiians, and audiovisual materials development;
- Federal activities such as drug-free schools recognition program; network of drug-free colleges; substance abuse curricula guide; research workshops; and The Challenge, a program to encourage and sustain a national network of drug-free schools;
- Regional centers providing training and expertise to achieve drug-free schools, located in New York (contact: Dr. Gerald Edwards, (516/589-7022), Atlanta (contact: Dr. Thomas Gleaton, (404/651-2548), Chicago (contact: Ms. Eldon Mason, (312/324-9500), Oklahoma (contact: Dr. John Steffens, (405/325-1711), and Oregon (contact: Dr. Robert Rath, (503/275-9500).

Facts About Alcohol and Other Drug Use Among Youth in the United States

The percentage of children using alcohol and other drugs by age 13 has more than tripled over the last two decades. For example, in the early 1960s, marijuana use was virtually nonexistent among 13 year olds, but now one in six 13 year olds has reported that he or she has tried marijuana. The following information can shed some light on this problem.

Why Do Children Try Alcohol and Other Drugs?

A Weekly Reader survey in 1986 showed that children take drugs to:

- o FIT IN WITH OTHERS
- o FEEL OLDER (especially in grades 4 and 5)
- o HAVE A GOOD TIME (especially in grades 6-12)

How Do Alcohol and Other Drugs Affect Our Youth?

Because childhood, preadolescence, and adolescence are such formative years, alcohol and other drugs use are especially destructive then. According to the Department of Education, drug use may affect learning in the following ways:

- o Alcohol and other drugs erode the self-discipline and motivation necessary for learning;
- o Alcohol and other drug use is closely tied to truancy, dropping out of school, crime, and misconduct;
- o Alcohol and other drugs retard intellectual and social growth and provide an escape from the challenges that foster this growth.

Alcohol and other drug use often starts with early societal and peer pressure, progresses to experimentation with alcohol and other "gateway drugs" (marijuana and tobacco), and finally moves into an abuse of drugs such as cocaine and PCP. The best time to fight alcohol and other drug use is in the early formative years, before children start experimenting.

What Drugs Are Used Most Often?

Alcohol remains the Nation's No. 1 drug problem. One-third of 4th graders and almost one-half of 6th graders report "some" or "a lot" of peer pressure to drink wine coolers, according to the Weekly Reader Survey.

Marijuana produced today includes some varieties that are 5-20 times stronger than that generally available 10 years ago. Research has shown that severe psychological damage, including paranoia and psychosis, can occur when marijuana contains 2 percent delta-9-tetrahydrocannabinol (THC). Since the early 1980s, most marijuana has contained 4-6 percent THC, 2-3 times the amount capable of causing serious damage.

Crack, now widely available, is a purified and highly addictive form of cocaine.

PCP (phencyclidine) has unpredictable and violent effects. Often children do not know that they are using this drug when PCP-laced parsley is passed off as marijuana or when PCP in crystal form is sold as LSD or when PCP laced pot is sold as the "best" (most potent) marijuana.

What Can Be Done?

Many parents and teachers do not realize that their young children and preteens need to be warned about alcohol and other drugs. In fact, it has been shown that alcohol and other drug use among children is as much as 10 times higher than parents suspect! These early years are crucial for preparing youth to resist the pressure to use these substances. Get involved. Talk to your children or students. Teach them the facts and support their efforts to "say no" to alcohol and other drugs.